

The Newsheet

Waverly Road Presbyterian Church

www.waverlyroadpc.org wrpc@waverlyroadpc.org 423.247.5121 Office Hours: Monday-Thursday, 8:00 am – 4:30 pm, Friday, 8:00 am – 12:00 pm

WELCOME TO WORSHIP



October 6, 2024

**In-Person and
Online Worship Service
at 11:00am**

**Click on either link for
Sunday Worship Service**



[https://www.facebook.com/
WaverlyRoadPresbyterian-
Church/](https://www.facebook.com/WaverlyRoadPresbyterianChurch/)



[https://www.youtube.com/
channel/
UC1dv3U42u4jLlksq_71Foyg](https://www.youtube.com/channel/UC1dv3U42u4jLlksq_71Foyg)



SCRIPTURES

October 6, 2024

Mark 10:2-16

WRPC
Food Pantry
SERVING EVERY FRIDAY
from 10:00am—Noon.

*A very special thanks goes out
to all of our Food Pantry
volunteers who are helping to
FEED THE HUNGRY
in our community.*



You are loved. We are blessed!

From the desk of Rev. Sharon Amstutz...

Nice view, huh?

This is the view from my brother and sister-in-law's living room, and the view I enjoyed for 2 weeks in September. What might just be the most remarkable thing about this view is that they share it with Marjorie's sister.

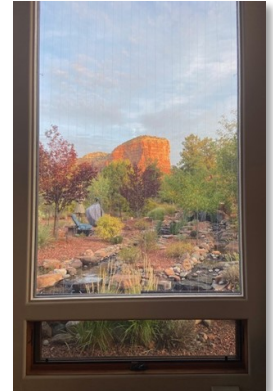
A little history: Their parents built their retirement home on this gorgeous land in Sedona in the '70s. When they died the two daughters inherited it. Right. One house, two daughters. Both of whom wanted to live in it. A lot.

Their solution? Add on to the original house. Now Paul and Marjorie have their own open, airy, modern home on the left, and Marjorie's sister has her cozy bungalow-vibe home on the right. And they both got the view of Courthouse Rock.

I think about that view, that rock, as we near both World Communion Sunday and the presidential election. So many things we disagree on. So many things we disagree strongly on, things that seem of ultimate importance. How do we stay family? How do we not just coexist, but keep community with those who believe or vote so differently from us?

By keeping our eye on the Rock. By believing that our shared focus on Christ Jesus is more important than our political views or religious traditions. We are the Body of Christ. God's covenant family. Let nothing tear our eyes away from the rock of our salvation.

Peace, —*Sharon*



PRAYER REQUESTS

People in our Prayers

Rev. Dan Clark
Holston Camp
Doris Blanchard
Ted Germroth
Benjamin Salyer
Sue Hall
(Steve Hall's mother)
Mike Lewis
Sharon Petke
Conner Caldwell
Virginia Elderbrock Family

Laci, Nicholas &
Robin Lodal
Ann Kibler
Malcolm Jones Family
Kirk and Lola Finch
Travis & Kathy Adams
(Collin's parents)
Chuck Green
Marty Qualls
Linda Dillon

Missions in our Prayers—4th Quarter

Local Missions

Meals on Wheels
Waverly Road Childcare Center
CarePortal

Regional / National Missions

UKirk (ETSU)

International Missions

Moyo wa Afrika, Tanzania

We will leave names on the Prayer Request List for three weeks unless you notify the Church Office to remain on the list for an extended amount of time.



This Week at WRPC

Indoor and Online Worship at 11:00am.

Sunday 10/6	9:45am	Sunday School
	11:00am	Worship Service / 5 Cents-a-Meal Offering / Peace and Global Witness Offering / Communion
Monday 10/7	7:00pm	Enneagram Journey Class, MR
Tuesday 10/8	9:00am	Walking Group, Greenbelt Holston Valley Trailhead Entrance
	6:00pm	Has Beens, FH
Wednesday 10/9	7:00pm	Chancel Choir Practice
Thursday 10/10	1:00am	Worship Committee, ZOOM
Friday 10/11	10:00am	Food Pantry, FH
	11:00am	Congregational Care, GS

All God's Children Church Retreat at Holston Camp

Friday, October 25—Sunday, October 27

Here is the link for folks to sign up for the Self-led Prayer and Reflection Retreat either at Holston, or from your home.

<https://tinyurl.com/wrpcretreat2024>

This self-led Prayer and Reflection retreat themed "Wonder" will be sent to you via email if participating from home, or by Collin at the camp when you arrive for the weekend.

<https://tinyurl.com/wrpcwonderretreat>

More information about the 2024 Church Retreat at Holston Camp and Retreat Center

Each session will have time for a little fun, a little reflection, and a lot of time together listening to one another. Registrations are due by Sunday October 13th so meals can be planned accordingly. Specific times for each segment will be emailed to those that RSVP, but the generic schedule is meet Friday evening for a 7pm first session (can arrive at the camp as early as 3pm if you like but must find dinner on your own). Second session Saturday morning, and third session Saturday evening. All sessions are stand-alone, so even if you cannot stay the whole weekend it is perfectly alright to attend whatever you are able to. Our adventure off-camp grounds at the Altapass U-pick apple orchard will occur Saturday after lunch. You can find out more about that at <https://altapassorchard.org/>. As always, wonderful memories are made on our retreats and we hope you'll come be a part of them.

The Intergenerational Programming will be based on the following scriptures:

Psalm 56:3 CEB "Whenever I'm afraid, I put my trust in you."

Psalm 139:14 CEB "I give thanks to you that I was marvelously set apart. Your works are wonderful - I know that very well."

Philippians 4:13 CEB "I can endure all these things through the power of the one who gives me strength."

The reflection and prayer path will be themed "Wonder" and will be self-led but guided by Collin.



All God's Children at Holston Camp

Self-led "Wonder" Retreat



SMILE for the Month of October

Our wish list for October includes new or gently used coats and hoodies, and new stocking stuffer items.

Stop by and take a look at the Columbarium

I simply ran out of space to add photos in last week's Newsheet. When you see Diane Somers, be sure to thank her for her hard work to make this area look great!





Views from the

FOOD PANTRY

by Peter Lodal

October 6—12, 2024



To all:

Due to the horrendous weather Friday, we only delivered 10 bags. For the month of September, our total was only 142 bags, our lowest for 2024 so far.

I don't need to tell you that others in our area, and in western North Carolina, are suffering greatly. Please keep them in your prayers. There will be opportunities to help, so I urge you to participate as you are able.

As always, thank you for your support and prayers.

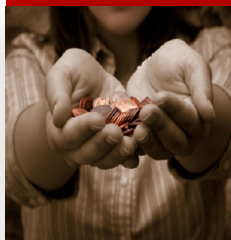
—Pete Lodal



**Join us for the WRPC
Fall Festival
Wednesday, October 23
5:30-7:30pm in the**

Come ready for some
grilled out hotdogs
and chili, costume contest,
trick or treat games/prizes for the
kids and a cake walk for everyone!

**5 Cents-a-Meal Offering will be collected
this Sunday, October 6!**



**We are very grateful to Holston
Presbytery, but also to the
congregation of WRPC for your
dedication to the
5 Cents-a-Meal offerings!**

Encouraging Words

Even with all our technology and the inventions that make modern life so much easier than it once was, it takes just one big natural disaster to wipe all that away and remind us that, here on Earth, we're still at the mercy of nature. —Neil deGrasse Tyson

Stephen Ministry—Anticipatory Grief



**STEPHEN
MINISTRY**

Recently, a couple of WRPC's Stephen Leaders attended a Continuing Education class for Stephen Ministers/Leaders at First Broad Street United Methodist Church. The subject struck home with me because I have experienced the grief which was discussed several times in my life – Anticipatory Grief.

What is Anticipatory Grief? – It is a deep, painful sorrow that occurs before an impending loss. It can affect people facing the impending death of a loved one or their own death, as well as many other types of losses that can occur. This term can also be applied to a loss, not associated with death, such as an anticipation of a mastectomy, facing an impending divorce, job loss, ourselves or someone we know being diagnosed with a progressive condition like Alzheimer's disease, prospect of the children leaving home and many more.

While anyone can experience anticipatory grief, research has shown that younger people tend to experience it more often and more traumatically, in part because they have experienced loss less often than an older person and may have a more conceptual view of death.

What are the differences between anticipatory grief and grief after death or another sufficient loss? They are similar in that they share many of the same emotions but with conventional grief, the emotions experienced are usually the direct consequence of a loss. Anticipatory Grief is the anticipating the grief that you expect to experience when the loss occurs, much of which is conceptual and can change over time.

Anticipatory grief is sometimes described as a "rollercoaster" because you can shift back and forth between feelings of distress for several days and feelings of normalcy for several days. There may also be a part of you clinging to the hope that the diagnosis is wrong, buoying you at one moment and triggering intense anxiety at another.

With conventional grief, emotions are reactive. With anticipatory grief, emotions are largely proactive. Not everyone feels anticipatory grief but it is a very common. Feeling grief while your loved one is still alive does not mean you are abandoning your loved one or giving up. Instead anticipatory grief may give you a chance to gain meaning and closure you might not have otherwise.

Our next article will discuss some of the anticipatory grief triggers, symptoms, and stages of anticipatory grief.

Our Stephen Ministers are here to care for you or someone you know who might be experiencing anticipatory grief. We will be offering the material from the class we attended to the Stephen Ministers who could not attend the earlier class in the near future. If you know of someone who could benefit from having a Stephen Minister or are interested in the upcoming class, please let one of our Stephen Leaders: Dave Petke, Susan Foster, Linda Qualls or Barbara Lane know.

Hurricane Helene Assistance



Rev. Karen Russell has reached out to churches within Holston Presbytery asking for those who are able to begin collecting cleaning supplies. Useful items include rags, sponges, buckets, trash bags,

bleach and bleach-based cleaners. Watauga Avenue Presbyterian Church in Johnson City has offered to act as a storage and distribution spot for these items.

If you would like to participate in this drive, please bring your items to the Fellowship Hall and place them on the built-in bench

seat by the entrance and elevator. The Mission Committee will arrange for storage and transportation of the items to Watauga Ave. Presbyterian Church. You may also donate

directly to flood relief within the bounds of the presbytery. Checks should be made out to Holston Presbytery with FLOOD RELIEF clearly noted on the memo line. Mail to P. O. Box 3647, Kingsport, TN 37664. For online giving, use the link below:

<https://www.holstonpresbytery.net/>

Many of our neighbors are still cut off by closed and washed-out roads and bridges. The full impact of this storm will not be known for some time. As additional needs become known, we will let you know about other ways we can help.

Presbyterian Disaster Assistance has already reached out to Holston Presbytery with offers of help, including financial assistance.

Please keep those impacted by this storm and those who are on the scenes responding in your prayers.

—The Mission Committee



Update on Appalachian Miles for Smiles Event



THANK YOU to everyone who supported Appalachian Miles for Smiles with co-host Mafair United Methodist Church last Thursday and Friday! WRPC

volunteers helped at Prospect Center, provided Friday lunch for the AMS volunteers, and assisted where needed. Those involved were Carlista Barttels, Amy Boyles, Germaine Bus, Karen Carman, Brenda Fox, Steve Hall, Bill Ketchie, Nancy Knight, Peter Lodal, Susan Lodal, and



Susan Whipple.

On Thursday, 5 trucks/trailers of varying sizes provided space for dental, vision, and other medical services in the rain, along with the space inside Prospect Center. On Friday, the dental and vision trailers and Prospect Center space provided services in heavy winds and rain. The power remained on, and patients who showed up were served. I will share the report summary when I receive it from our friends at Appalachian Miles for Smiles.

To God be the Glory!





Stewardship Update – Bill Butler, Receiving Treasurer

It's that time of year again! The Stewardship Committee is developing the 2025 budget. Exciting, isn't it? This happens every year, so same ol' same ol', right? Yes and No! Please read on!

THIS PART HAPPENS EVERY YEAR. To ensure smooth operation of WRPC in 2025, the Stewardship Committee has been diligently estimating all 2025 expenses and income as well as getting each committee's best estimates of what they will need in 2025. This is an iterative process that has already started. The preliminary 2025 budget and objectives have been presented to the Session on 9/15 and was approved. We are targeting to finalize the 2025 budget by the end of the year. A key piece of information still needed involves YOU (Visualize the pointing Uncle Sam "I WANT YOU" U.S. Army enlistment poster here, if you will.)

For now, we have plugged in my best guess of what 2025 pledges will be. To more accurately estimate the 2025 cash flow, Stewardship needs an accurate tally of our financial 2025 pledges.

How do I get more info? The pledge packet distributed in September has budget and other financial details. It also contains a pledge card that (only myself) will see. If you didn't get one, please let me know.

Why pledge? This helps the Stewardship Committee to understand if the estimated 2025 income will be enough to cover expenses, or not. If the pledge tally will not cover the expenses, this is part of the iterative process and budgeted 2025 expenses will need to be reduced. Pledges help us plan.

When and How do I pledge? Stewardship Sunday is October 20, and I will collect pledge cards then. However, pledging itself is not an overly rigid process and it is not an issue if you can't attend that Sunday. Feel free to hand me a pledge card, mail it to the church, call or send me an email, or talk with me at church. I will even accept pledges by carrier pigeon, if you have any.

Receiving a pledge card is not as important as receiving your pledge. I do ask that your pledge is received while we are refining the 2025 budget, soon after Stewardship Sunday.

How much should I pledge? The Old Testament mentions tithing 10% of your income as an option, but inevitably this decision is yours, depends on your situation and what you are comfortable giving.

What if my situation changes and I need to adjust my pledge? Part of the Stewardship process is making sure we have enough resources to cover contingencies – leaking roofs, busted boilers, water line bursts, insurance deductibles, etc. It would be helpful to know if your situation will change, but it will not financially sink the WRPC boat, so to speak. Just get with me.

THIS PART IS NEW. It has become clear that WRPC expenses are starting to exceed income, leaving us with an increasing deficit, year after year. Imagine dipping into your personal savings every month just to pay your bills, because your income won't cover increasing expenses. Soon, you will have no savings left for "rainy day" expenses. Same thing. We have lost 44% of our pledgers in the past 8 years for various reasons, and we can't quickly expect them to be replaced. Turning off lights and adjusting the thermostats is responsible, but these actions alone will not be enough. Suffice it to say that the largest component of the expenses is our Personnel budget, which is considerably larger than other churches. So, a task force team was formed to recommend Personnel adjustments, which were approved by the Session and will be implemented starting in 2025. The Stewardship pledge packet you received outlines the 2024/2025 budgets and what was adjusted. I want to emphasize that these actions are being taken to avert a financial crisis, not because we are "going broke". We want WRPC to remain a viable operation with adequate resources for years to come, and although not pleasant or easy, future adjustments may be necessary if warranted.

None of what WRPC does would be possible without you, your talents and your resources, but also please pray for WRPC and its future ability to Love God, Love Others, and Make Disciples.

Waverly Road Presbyterian Church
1415 Waverly Road
Kingsport, TN 37664-2520

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Communion Sunday, Oct. 6, 2024

Join us during our in-person or online Worship Service this Sunday for Communion. For online worship, just provide your own bread and juice or wine and let's break bread together.



Mark your calendars for our
**Trick-or-Treating
Event with Lincoln
Elementary School!**

Thursday, October 31
Time: TBD at WRPC

Contact Rachel Lawson to
volunteer and start
scouting those candy deals!



Thank you for your donations
and your HELP with our
**Appalachian Miles for Smiles
luncheon for volunteers! We
couldn't do it without you!**